

SESSION STRUCTURE

PART C: HOLDING FIRM TO RULES

☐ Check In

Goals

- ☐ Build the relationship
- ☐ Prepare for the session by checking for crises (“clearing the fog”)
- ☐ Assess recent youth behavior

Activities

- ☐ Ask how the caregiver is doing
- ☐ Ask what has transpired since last contact
- ☐ Ask about progress of youth

☐ Review

Goals

- ☐ Ensure assignment was completed
- ☐ Check for learning retention

Activities

- ☐ Review lessons from Part B of the workbook
- ☐ Review assignment of establishing rewards using the three-step process

☐ Intervention

Goals

- ☐ Learn how to apply rules and consequences

Activities

- ☐ Learn the four guidelines to enforcing rules
- ☐ Learn and practice the five-step process of applying consequences

☐ Assignment

Goals

- ☐ Apply consequences effectively

Activity

- ☐ Give assignment to apply the five-step process of applying consequences and keep track of how well it worked

DURATION
25 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute